Food and Home Notes

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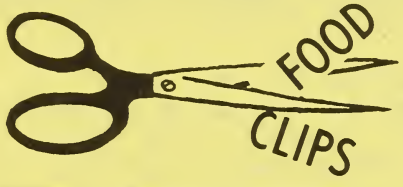

Remember——broth and gravy are especially subject to spoilage. Cool leftovers quickly and put them in the refrigerator. Don't hold for more than a day or two, warn U.S. Department of Agriculture nutritionists.

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Making sandwiches? Ham sandwiches, turkey and chicken salad and deviled eggs need special care. They are easily contaminated. You can freeze cubes of chicken and use them in preparing the salad later. All salads should be kept cold as possible.

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The secret of cooking frozen vegetables successfully is to cook the vegetable until just tender. That way you save vitamins, bright color, and fresh flavor.

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The time required for cooking vegetables is slightly longer at high (than at low) altitudes because the temperature of boiling water decreases about 2°F. with each 1,000 feet above sea level.

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In This Issue:

NO TERMITES?

——How About Beetles?

Wood destroying beetles are found in buildings and in furniture. But if you've got them, you may not know it——that is, for from three months to three years or more. If you've had termite control on your house, you may feel safe. But, don't. You must also check and protect against beetles flying to the joists and subflooring of your home. For termite control, insecticides are usually placed in the soil, under or near building foundations or directly on the damaged wood, but that doesn't protect you against beetles flying to the soft wood.

Beetles occur throughout the United States, in fact, all over the world. They tunnel in the wood for months or years before they emerge as adult beetles. All species must have bare wood to lay their eggs on. Hardwood items, however, in a home usually have paint, varnish, shellac, sealer, or wax, so they're safe. Untreated, unfinished lumber stored directly above the ground is often damaged severely.

The proper use of an insecticide usually will kill the emerging adults and reinfestations will be prevented ——according to the Forest Service of the U.S. Department of Agriculture.

ENJOYING THE FIREPLACE

——Especially During the Energy Crisis

The heat that a fireplace log produces depends on the concentration of woody material, resin, water and ash. Therefore, if you know something about the wood you buy, or logs you cut yourself, you will be able to understand how to mix light and heavy wood to achieve the ideal fire.

A full cord of dry hickory wood weighs about two tons and is approximately equal in heating value to a ton of hard coal or 200 gallons of fuel oil, according to the Forest Service of the U.S. Department of Agriculture. On a pound to pound basis, heavy hardwoods have about half the heating value of coal and a third of the heating value of oil.

Mix light and heavy wood to achieve the ideal fire. Some of the kinds of wood that will burn longer: Osage orange, dogwood, hickory, beech, hard maple, birch, mulberry, apple, and ash all rate "above 83" heat value (based with hickory's value set at 100). Under the heat value of 74 (ignite faster and burn quicker) would be soft maple, cherry, sycamore, douglas fir, tulip, or yellow poplar and down at the bottom of the list is the White pine with 50 heat value. (This is only a partial listing to give examples.)

If you're planning on building a fire in your fireplace, remember how to build a safe fire is first, make sure your room is well ventilated, damper open and the flue unplugged, before lighting fire. Poor ventilation causes the fireplace to smoke. Place a screen in front of your grate to catch any sparks...avoid burning wet or green wood...and, keep a fire extinguisher handy. Keep other combustibles at a distance and never use inflammable fluids indoors to light your fire.

A brochure on "How To Enjoy Your Fireplace" has been prepared by the Forest Service of the U.S. Department of Agriculture and is available free by writing to the Forest Service, Upper Darby, Pa. 19082.

ON THE SUBJECT OF M I L K ... skim, fermented, and low fat milks.

Milk, a basic food that everyone in the family needs every day, is considered an excellent source of calcium, a mineral that helps form bones and teeth and keeps them strong, according to nutritionists at the U.S. Department of Agriculture. But -- what about the upsurge in sales of skim milk, fermented milks and low-fat milks? How do these fit into the diet? And what about their nutritive value?

Perhaps the interest in this area is sparked by the fact that one cup (8 fluid ounces) of fresh whole milk contains about 160 calories. One cup of skim milk contains about 90 calories. But, how much milk do we need -- and what facts should the consumer know before selecting his "take-home" cartons?

First, nutritionists recommend the following amounts of milk every day-- (based on 8 fluid ounces to the cup):

Children (under 9).....2 - 3 cups Children 9-12 years.....3 cups or more

Teenagers.....4 cups or more Adults.....2 cups or more

Pregnant women over 19...3 cups or more Nursing mother over 19..4 cups or more

And some pertinent questions on skim, fermented and low-fat milks ——

1 -- Is the protein content essentially changed by separating the milk or fermenting? No, it is unchanged by separating.

2 -- Is the lactose content changed by separating? No, it is unchanged, but decreases slightly with fermentation (from about 5 to 4 to 4½%).

3 -- Actually, what is "1% or 2% milk," as sold in supermarkets? The fat is removed by separation and 1 or 2% milk is made by adding cream back to the skim milk.

——More on Page 4

On The Subject of Milk (cont.)

4 -- Are the minerals changed by separating the milk or by fermenting it? No, concentrations of minerals are essentially unchanged by separating the milk or by fermenting it.

5 -- If the fat-soluble vitamins (A-D-E-K) are removed with fat from milk, will they be present in skim milk in proportion to fat remaining or added back? Yes, they are removed but of the fat soluble vitamins, only vitamin A is of any consequence in milk. The water-soluble vitamins in milk are unchanged by milk fat removal.

6 -- Is Vitamin A sensitive to light? Yes, it is but proper storage of milk protects it. Butter, of course, is an excellent source of vitamin A.

7 -- Is milk a good source of vitamin C? No, because of processing and storage. The original raw milk has a concentration of about 20 mg liter but drops to 5-10 mg by the time it reaches the consumer.

8 -- Are fermented milks considered beneficial to the diet? Yes, with some people who have intestinal problems they are considered beneficial. The long life of certain people in the Balkan countries is sometimes credited to the use of fermented milks. The U.S. Department of Agriculture's Dairy Foods Nutrition Laboratory is exploring this effect on a long range type program. More research will be done by USDA scientists on the effect of processing and storage of the nutritive value of dairy products by the Agricultural Research Service of USDA.

COMMENTS AND INQUIRIES TO:

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